

Van dusen studies

Google fascia kundalini

Really far out:

<http://biologyofkundalini.com/article.php?story=BiologicalRelationtoZero-Point>

I've heard of 'fascia' before but this is the first time I've understood its importance and the relation between the physical and energetic bodies. He defined fascia as connective tissues composed of microtubules containing fluid that is electrolytic. Fascia is the ground substance of the energy body.

<http://www.rosancruz.com/2014/09/its-all-about-fascia.html>

Kundalini syndrome is a set of sensory, motor, mental and affective experiences described in the literature of transpersonal psychology, near-death studies and other sources covering transpersonal, spiritual or medical topics. The phenomenon is sometimes called the "Kundalini-syndrome", [1][2][3] the "Physio-Kundalini syndrome", [4][5][6][7] or simply referred to as a "syndrome". [8][9] Other researchers, while not using the term "syndrome", Note a have also begun to address this phenomenon as a clinical category, [10][11] or as a recognizable symptomatology. [12]

"Kundalini syndrome" is a term employed by Western researchers and commentators to refer to the condition which occurs when experiences traditionally associated with kundalini awakening arise, often unsought, which overwhelm or cause distress to the experiencer. However, Greyson [13] notes that the physio-kundalini syndrome is connected with the kundalini awakening of Hinduism "only by theory and circumstantial evidence". He also argues that a true measure of this phenomenology, interpreted as a state of higher consciousness, is beyond the ability of psychology and/or psychiatry to measure.

Kundalini syndrome has been reported predominantly by people who have had a near-death experience, [14][15][16] or by practitioners of Asian spiritual practices. [17][18][19][20] Other factors that may trigger this symptomatology include a variety of intense personal crises or experiences. [

1. Feelings of energy in the hands.
2. Feeling deep ecstatic sensations.
3. Experiencing severe, or migraine type, headaches.
4. Awareness of energy discharges, or currents, flowing through the body.
5. Sensations of tickling, itching or tingling on, or underneath, the skin.

6. Awareness of internal lights or colors.
7. Hands feeling hot.
8. Sensations of extreme heat or cold moving through the body.
9. The body shakes, vibrates or trembles.

NOTE: no auditory hallucinations

http://en.wikipedia.org/wiki/Kundalini_syndrome

Kundalini & Schizophrenia

Factors that trigger both schizophrenic breaks and kundalini awakenings include circumstances of impossible dilemmas, double-binds, and avoidance/attraction etc... That is situations in which we cannot proceed in a logical-prefrontal manner, but which force us to spin our wheels and to experience angst, perplexity and frustration. Since energy is not utilized in a normal fashion it builds and leads to a psycho-energetic crisis—the energies of flight fight, having no resolution basically kick off either a psychotic breakdown or breakthrough—usually a bit of both.

The perturbation of everyday consciousness reduces the filtering system and presents a scale of consciousness that spans from schizophrenic to mystic. This transnormal impact of consciousness if interpreted adequately by the rational mind is then called mystic revelation. If however the rational mind is off kilter then ones interpretation is called schizophrenic.

After an awakening we become psychosomatically differentiated from the images, symbols, myths, stories and personal identity that we were so involved in before. Thus consciousness has become separated from its contents. Perhaps this is the difference between a schizophrenic and a mystic. The mystic has become emancipated from the persuasions of psychic content, while the schizophrenic has become lost in them.

Some of the chemistry could be similar between kundalini and various mental illnesses, because of kundalini's perturbing revelatory quality, nothing is left unseen and unfelt within one...there is no where to hide. The former repressive hold of the ego is released by the dissolution and so the psychic tension is let fly...in whatever form we have stored within us.

Relationships are particularly good at triggering kundalini awakenings because our brain's primary matrix is constructed in relationship to our primary caregiver in infancy—thus relationship later in life can trigger the release of incredible psychic forces bound up in such complexes as avoidance/attraction, double-bind, relentless dilemma, rejection and abandonment. Complexes, are webs of associations created by intense or repeated activation of an archetype. Psychic storms based on these kinds of

primary archetypal patterns build slowly over the course of a life, underneath the repressive lid of our ego's coping mechanisms and defenses.

One wonders what is left after all our compensations and camouflages are penetrated; is there a life at all if we are not doing all this secondary work of trying to prop ourselves up, defend ourselves or kill ourselves? But unless things build up to popping point, unless kundalini sparks up, we will remain in the clutches of the vice that we built to protect ourselves from the reality we were born into. The ego will not voluntarily go into that "hole" in our primary matrix...spirit however willingly goes there in equanimous embrace to find light in the dark. Kundalini is a spiritual force that arises spontaneously to save ourSelf from our self.

Histamine protects against NMDA-induced necrosis in cultured cortical neurons. It has been found that about half the patients classified as suffering from schizophrenia have low histamine levels in the blood, and as histamine levels were increased, their health improved. (See Histamine for more on this.)

In his book *What Really Causes Schizophrenia*, Harold Foster proposes that schizophrenia is not caused by excess dopamine but by excessive levels of a metabolite of adrenaline—adrenochrome. Adrenochrome acts as a hallucinogen, free radical generator and neurotoxin that interferes with biochemical systems and damages the thyroid. Dr. Foster suggests that treatment should include methods to reduce adrenaline producing stress and slow down its metabolism to adrenochrome. Sugar consumption and allergin exposure should also be reduced. Coupled with a supplemental program that includes high doses of niacin, thiamine or coenzyme Q10 along with desiccated thyroid to help thyroid damage.

I cannot recommend *Neurotheology: Brain, Science, Spirituality, Religious Experience* highly enough. Some of the authors contributing to this book include: Rhawn Joseph, Andrew Newburg, Michael Persinger, William James, Eugene d'Aquili, and many more.

<http://biologyofkundalini.com/article.php?story=KundaliniandSchizophrenia>

"One often hears and reads about the dangers of Yoga, particularly of the ill-reputed Kundalini Yoga. The deliberately induced psychotic state, which in certain unstable individuals might easily lead to a real psychosis, is a danger that needs to be taken very seriously indeed. These things really are dangerous and ought not to be meddled with in our typically Western way. It is a meddling with Fate, which strikes at the very roots of human existence and can let loose a flood of sufferings of which no sane person ever

dreamed. These sufferings correspond to the hellish torments of the chönyid state..." C. G. Jung, Introduction to The Tibetan book of the Dead *

It is clear from the above quote, that Jung did not understand Yoga. While there is a thread of truth to his statement, creating fear of such a useful tool is comparable to never cooking on fire or flame as it has the potential to burn one's house to the ground.

Kundalini yoga, also called rajah yoga, is one of the best soul cleansing tools available to mankind. However, just as a surgical knife can kill if misused by the untrained person, or save lives if properly utilized by one so trained; yoga can accelerate soul cleansing to the point where the opened flood gates of unresolved issues surfacing overwhelms the practitioner and causes a shutdown of the normal flow of consciousness, that can lead to paralysis and/or death. This is the reason kundalini yoga was not taught outside the ashrams for centuries where a trained teacher could monitor the process of soul cleansing and release the imperfections in an orderly process, thus allowing for higher spiritual growth.

<http://www.thescienceofthesoul.com/awaking-the-divine-jung--kundalini.html>

According to Hatha Yoga Pradipika, "Just as a door is opened with a key, the yogi opens the door to liberation with kundalini," (chapter 3, verse 105).

If classic texts like Hatha Yoga Pradipika, Gheranda Samhita or Shiva Samhita consider kundalini so important, it should be taken seriously by medical and psychological research too. It has been, to a certain degree, and it can be useful to review medical and psychological theories of kundalini.

Both professionals and Yoga teachers often speak about chakras as nerve plexuses. For example, a well known Indian doctor, Professor Udapa, considers the basis of kundalini awakening to be the stimulation of the plexuses of the autonomous nervous system (Udapa, 1982).

Most of us probably feel that kundalini is not simply the flow of impulses along the autonomous nerves. In this way it would be difficult to explain the kundalini awakening caused by Bhakti Yoga, Mantra Yoga or Guru's grace. But at the same time there may be some relationship between kundalini and the autonomous nervous system. Many powerful traditional approaches, to awaken kundalini stimulate this system.

The notion that sexual energy can be transformed and that it is overtly or covertly, consciously or unconsciously, directly or indirectly the most important motivating force in humans is very close to Freud.

Sigmund Freud used the word "sublimation" to describe the transformation of sexual impulses and their indirect expression in art or creative work. His renegade disciple C. G. Jung, was very interested in eastern systems like Yoga. According to him, kundalini is synonymous with "anima", female aspect of human psyche (Jung, 1975).

It is interesting that it was a Jungian therapist who discovered Mr. Gopi Krishna for the West and wrote a commentary to his book (Krishna, 1971). Gopi Krishna's idea that kundalini is an evolutionary energy in man seems to me closer to the world of Jungian archetypes than to Darwin.

Biomedical model by Bentov

It emphasises the resonance of the vibrations by the heart-aorta system. The vibrations within an individual may be harmonised, and even attuned with vibrations of the Earth and other planets. Bentov described a typical sequence of symptoms when kundalini is awakened, and its journey from the left foot to the spine, the head, and down to the front of the body. The symptoms appear only when this journey is not "stress-tree" (Bentov, 1977).

The best known author adopting Bentov's theory is probably Dr. Lee Saunella (1979). She tried to help people with what she considered awakened kundalini to overcome possible difficulties.

Silent brain awakening theories

According to Cn. Hills, kundalini awakening does not take place in the spinal passage but in the brain; it is only projected to the different parts of the body. Even if this theory may go too far, many experts would agree that the awakening of kundalini activates the silent or unused areas of the brain and in this way increases one's mental and spiritual abilities (e.g. Teachings of Swami Satyananda Saraswati, 1981).

Synthesis of different theories

The above mentioned theories are not mutually exclusive; it is quite common that some experts use Or combine the elements of different theories. The complex phenomenon of kundalini may have many levels reflected, more or less, by different approaches. The following part of this paper summarises some practices associated with kundalini, perhaps this will help you to select your favourite theory of what kundalini is.

<http://www.yogamag.net/archives/1994/cmay94/kund394.shtml>